



Program Entitled
“Traditional and Contemporary Skills for Living”
Created and Facilitated by
Carol McKenzie and Rosa Medicine-Traveller

Length of Program: 12 weeks/48 days
Weekly Schedule: Tuesdays to Fridays
Daily Time Schedule: 9:30 a.m. to 4:30ish p.m.
Number of Adults per Program: 10 – 20 adults

NOTE:

- This program can be delivered all at once or over a period of months.
- This program can be offered only to women or only to women who are in recovery.

Mission Statement of Rosa and Carol

Rosa and Carol’s mission is to make a positive difference in the lives of others by helping as many people as they can learn to live a balanced life according to their values, beliefs, guiding principles, and authentic self. They have chosen to do this by bringing their hearts, shared values, love of people, personal/professional experiences, and skills to the workshops and programs they offer.

Qualifications of Rosa and Carol

Rosa is a Siksika Nation member, counsellor, mediator, facilitator, trainer, and business owner. **Carol** is a Certified Professional Coach (trained in Life Skills, Recovery, and Living Your Vision coaching), a retired special education teacher, public speaker, facilitator, and business owner. Both women have had years of experience helping people in their life’s journey to achieve a balanced, healthy lifestyle and to accomplish the goals they set out for themselves. As well, both women know that this type of program was the most valuable to them for their success and happiness in life.

Purposes of this Program:

1. to teach skills that are geared for success in people's personal, professional, and academic life
2. to help people develop transferable skills that are sustainable and applicable in the six key areas of life (self, family, friends, community, employment, and leisure)
3. to create a safe, inspiring, encouraging, and fun environment where people can learn and practice skills for living at home, at work, in large and small communities, and in educational institutions
4. to give people an opportunity to create a sense of balance and wellness in their spiritual, mental, emotional, and physical self
5. to help people cope with change and make healthy decisions
6. to help people determine and achieve goals
7. to celebrate personal heritages while becoming skilled in contemporary practices

Benefits to Participants:

- a comprehensive set of daily living, life, organizational, goal-setting, and communication skills
- enhanced academic skills of reading, writing, and research
- numerous skill sets that are transferable to all areas of life and that help people make and cope with changes effectively
- multiple skill sets that help people obtain and retain jobs, choose and complete educational goals, and take care of a home and family
- practice in making choices and decisions that are in alignment with personal/cultural values, beliefs, and guiding principles
- ability to choose a lifestyle that is healthy, balanced, spiritually uplifting, emotionally satisfying, enjoyable, manageable, and sustainable: emotionally, spiritually, mentally, and physically (which includes nutrition and health)
- a highly developed sense of one's authentic self
- overall personal and professional development
- fuller appreciation for self and others, personal heritages, and contemporary accomplishments

Participants Leave With:

- a portfolio for work and/or higher education
- a portfolio of writing samples and exercises
- a personal journal
- a completed group project (a workbook/manual of daily activities and exercises)
- a completed personal, traditional/cultural project
- a Certificate of Program Completion

INTENDED PROGRAM OUTLINE: This is a basic outline, which allows flexibility in a way that the facilitators can respond and work effectively in order to meet participants' needs or wants. This program can be offered to men and women; just to women; or just to women in recovery. It includes the six key areas of life: self, family, friends, community, employment, and leisure.

PURPOSE: To build skills and set goals for success in one's personal, professional, and academic life

RESOURCES: Coaching, Academic, and Employment Manuals; Research Books and Articles

FACILITATORS: Carol McKenzie and Rosa Medicine-Traveller

DAILY/WEEKLY COMMITMENT: Tuesdays to Fridays, 9:30 a.m. to 4:30ish; for 12 weeks/48 days

BASIC DAILY SCHEDULE:

- Opening Exercises: may include Traditional/Cultural Practices (1 – 2 hours everyday)
- Note-taking for the Group Culminating Project: a Manual/Workbook
- Journaling: done as homework and submitted weekly to coaches
- Cleaning up of the Facility: by participants and coaches

TUESDAY, WEDNESDAY, THURSDAY CLASSES:

- Academic Work (2 hours per day): reading, writing, and researching; homework assigned and graded by Carol
- Skill-Building Exercises in the Six Key Areas of Life (3 – 4 hours): exercises are designed to be a holistic approach (physical, emotional, mental, and spiritual) and involve personal and professional development, educational, employment, traditional, and/or contemporary goals

FRIDAY CLASSES:

- Traditional Native Language Class (offered only if group is from the same First Nation): 1 to 2 hours
- Traditional/Cultural Arts/Crafts: a major project, which is due one week before the end of the program

INTERMITTENT FIELD TRIPS:

- The group is responsible for arranging and paying for rides to and from program-related field trips: for example, to educational institutions, employment offices, and/or to daily living skills-related places.

FUND-RAISING ACTIVITIES and GROUP RESPONSIBILITY:

- Graduation Celebration: This is held on the last day of the program, generally at the facility. The group is responsible for raising funds for the Graduation Celebration, either by sharing the costs evenly, or by earning money from fund-raising activities. The activities must be agreed on by everyone.
- Field Trips: The group is responsible for arranging and paying for transportation to and from field trips.
- Relevant Guest Speakers: If the group wishes to bring in speakers, it is up to them to make this happen.

CULMINATING PROJECTS (Due one week before end of program):

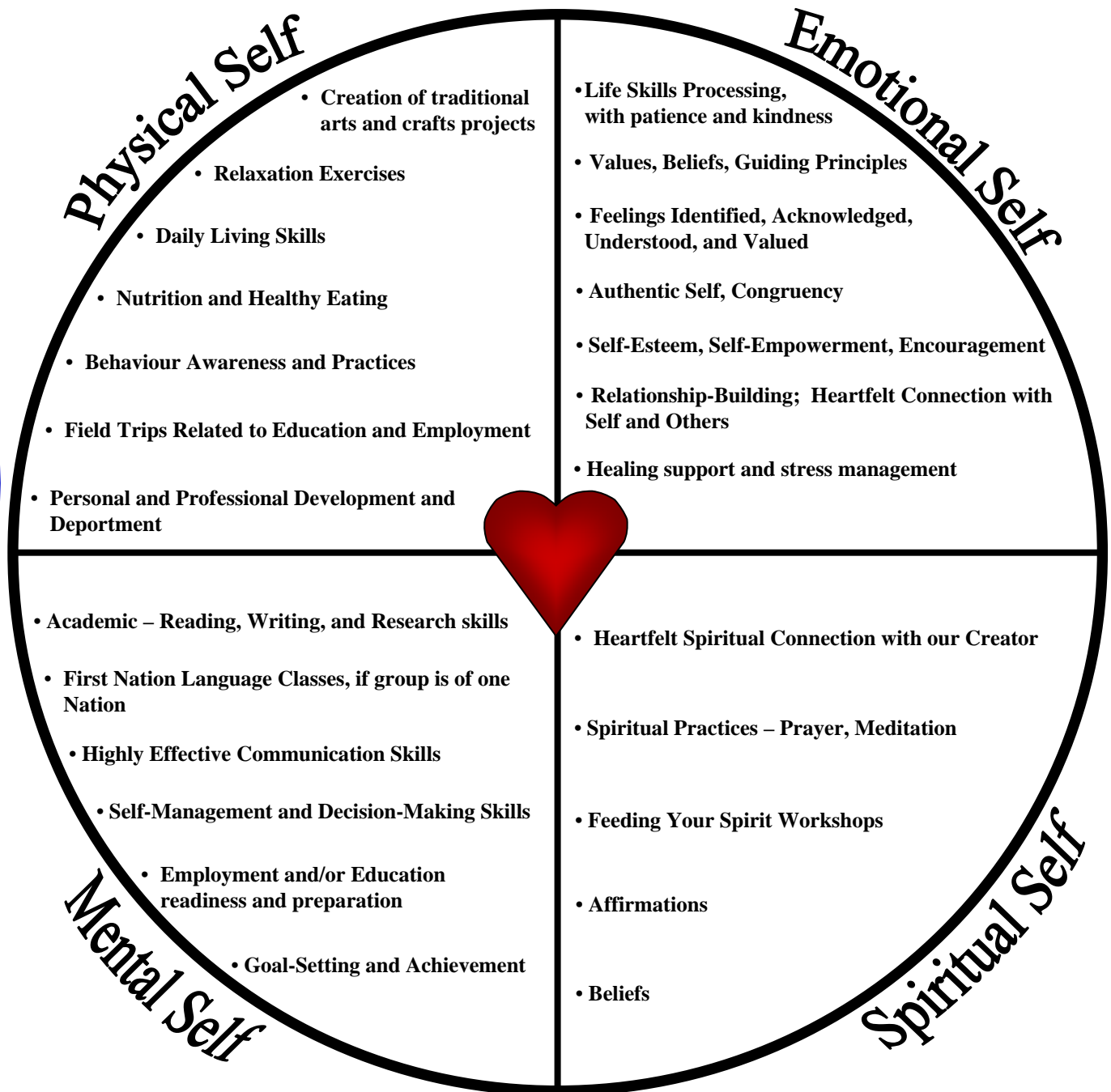
- Traditional/Cultural Arts/Craft Project: participants choose what they want according to resources available
- Program Manual: "Traditional and Contemporary Skills for Living" – created and reproduced by the group
- Portfolio(s): for employment and/or education
- Personal Journal: submitted weekly

CERTIFICATES of COMPLETION: Presented to participants at Graduation

SPONSORING ORGANIZATION or NATION PROVIDES THESE NEEDS: a facility with a main room and smaller work rooms, kitchen, bathroom, tables, chairs, sewing machines, computers and paper; flip-chart and paper, arts/craft/project supplies; binders and lined writing paper; a printer for computer printouts; photocopy machine and paper for weekly assignments and culminating "Program Manual" project; a First Nations Language Instructor offered only if the group is made up of one Nation; if Nation/Organization approves, guest speakers per group request.

INVESTMENT PER ADULT: \$5200.00 if a sponsoring Agency provides above needs; \$6200.00 if Carol and Rosa do.

Living Skills for a Holistic and Balanced Self



Goals for a Holistic and Balanced Program

